

# Try growing your own herbs at home and reap even more benefits!

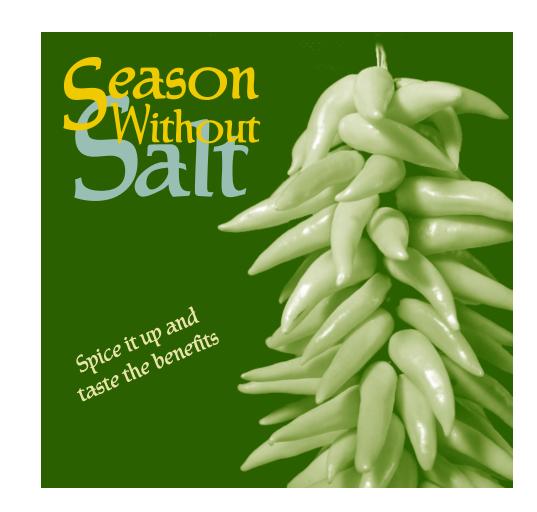
Growing herbs at home is not only cost-effective, but herbs from your garden are fresher and healthier.

Herbs that grow well in South Carolina include:

basil parsley
chives rosemary
dill sage
mint tarragon
oregano thyme

For more information about growing your own herbs visit: http://hgic.clemson.edu







# Try growing your own herbs at home and reap even more benefits!

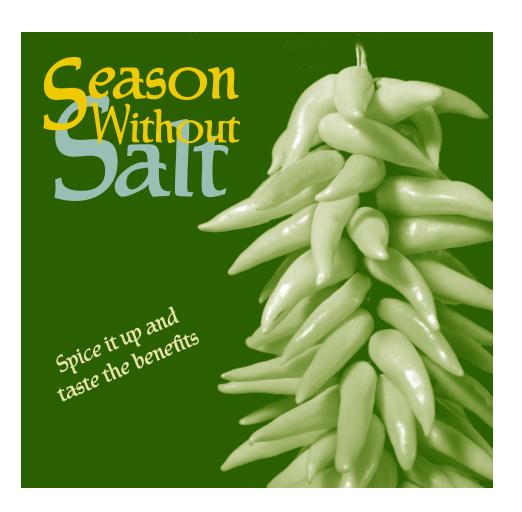
Growing herbs at home is not only cost-effective, but herbs from your garden are fresher and healthier.

Herbs that grow well in South Carolina include:

basil parsley
chives rosemary
dill sage
mint tarragon
oregano thyme

For more information about growing your own herbs visit: http://hgic.clemson.edu





	Foi	r Meat, Poultry, Fish and Eggs
В	eef	bay leaf, green pepper, fresh garlic, marjoram, mushrooms, nutmeg, onion, sage or thyme
Chick	ken	chili powder, cranberries, dry mustard, garlic, mushrooms, paprika, parsley, poultry seasoning, sage, tarragon or thyme
Po	ork	garlic, marjoram, onion, oregano, pepper, rosemary, sage or thyme
V	eal	basil, bay leaf, curry powder, ginger, marjoram, mint, oregano, paprika, rosemary, sage or tarragon
F	ish	bay leaf, curry powder, dry mustard, green pepper, lemon juice, marjoram, mint, mushrooms, paprika, pepper, sage, tarragon or thyme
Eg	<b>jgs</b>	basil, dry mustard, green pepper, marjoram, mushrooms, onion, paprika, parsley, rosemary or thyme

	For Vegetables
Asparagus	lemon juice, onion or pepper
Beets	cloves, ginger, lemon juice, tarragon or thyme
Broccoli	lemon juice, oregano or pepper
Carrots	cinnamon, ginger, marjoram, mint, nutmeg,
	parsley, sage or thyme
Cabbage	fennel, marjoram, mint, nutmeg, oregano,
	pepper, or tarragon
Green Beans	dill seed, lemon juice, marjoram, mint, nutmeg,
	oregano, rosemary, tarragon or thyme
Eggplant	basil, garlic, onion, sage, thyme or oregano
Onions	basil, sage, thyme or rosemary
Peas	green pepper, marjoram, onion, rosemary,
Fal	sage or thyme
Potatoes	basil, chives, green pepper, mint, onion,
4.57	parsley, paprika, rosemary, or thyme
Spinach	garlic, lemon juice or onion
Squash	basil, cinnamon, garlic, ginger, nutmeg, onion,
40 MM	or rosemary
Tomatoes	basil, bay leaf, marjoram, onion, oregano, sage or thyme

### Use combinations of dried herbs to create your favorite flavors. For each of these recipes: blend all ingredients together and

place in a glass jar. Cover tightly and store in a cool dry place. Use in place of salt in your favorite recipes.

1exican Blend™	Mediterr	anean Blend™
teaspoon garlic powder	½ teaspoon	garlic powder
teaspoon onion powder	½ teaspoon	onion powder
teaspoon ground cumin	½ teaspoon	ground cumin
teaspoon ground coriander	1 teaspoon	ground coriander
teaspoon ground red pepper	¼ teaspoon	ground red pepper
teaspoon chili powder	1 teaspoon	oregano leaves
teaspoon cilantro	½ teaspoon	thyme leaves
hai Blend™	Table Si	nake™
teaspoon garlic powder	½ teaspoon	garlic powder
teaspoon onion powder	1½ teaspoon	dru mustard

Special thanks to McCormick / Shilling for recipes on this page.

## For Meat, Poultry, Fish and Eggs

Beef	bay leaf, green pepper, fresh garlic, marjoram, mushrooms, nutmeg, onion, sage or thyme
Chicken	chili powder, cranberries, dry mustard, garlic, mushrooms, paprika, parsley, poultry seasoning, sage, tarragon or thyme
Pork	garlic, marjoram, onion, oregano, pepper, rosemary, sage or thyme
Veal	basil, bay leaf, curry powder, ginger, marjoram, mint, oregano, paprika, rosemary, sage or tarragon
Fish	bay leaf, curry powder, dry mustard, green pepper, lemon juice, marjoram, mint, mushrooms, paprika, pepper, sage, tarragon or thyme

**Eggs** basil, dry mustard, green pepper, marjoram,

or thyme

mushrooms, onion, paprika, parsley, rosemary

	1 of vegetables
Asparagus	lemon juice, onion or pepper
Beets	cloves, ginger, lemon juice, tarragon or thyme
Broccoli	lemon juice, oregano or pepper
Carrots	cinnamon, ginger, marjoram, mint, nutmeg,
	parsley, sage or thyme
Cabbage	fennel, marjoram, mint, nutmeg, oregano,
	pepper, or tarragon
Green Beans	dill seed, lemon juice, marjoram, mint, nutmeg,
	oregano, rosemary, tarragon or thyme
Eggplant	basil, garlic, onion, sage, thyme or oregano
Onions	basil, sage, thyme or rosemary
Peas	green pepper, marjoram, onion, rosemary,
Fal	sage or thyme
Potatoes	basil, chives, green pepper, mint, onion,
2.57	parsley, paprika, rosemary, or thyme
<b>Spinach</b>	garlic, lemon juice or onion
Squash	basil, cinnamon, garlic, ginger, nutmeg, onion,
10 M	or rosemary
Tomatoes	basil, bay leaf, marjoram, onion, oregano,
631/2	sage or thyme

For Vegetables

### Use combinations of dried herbs to create your favorite flavors.

For each of these recipes: blend all ingredients together and place in a glass jar. Cover tightly and store in a cool dry place. Use in place of salt in your favorite recipes.

Mexican Blend™
----------------

½ teaspoon ground cumin 1 teaspoon ground coriander

½ teaspoon ground ginger

1/2 teaspoon ground cinnamon

¼ teaspoon ground red pepper

½ teaspoon garlic powder ½ teaspoon onion powder ½ teaspoon ground cumin

1 teaspoon ground coriander

1/4 teaspoon ground red pepper

½ teaspoon chili powder ½ teaspoon cilantro

½ teaspoon onion powder ½ teaspoon ground cumin 1 teaspoon ground coriander 1/4 teaspoon ground red pepper 1 teaspoon oregano leaves ½ teaspoon thyme leaves

Mediterranean Blend™

½ teaspoon garlic powder

1½ teaspoon basil leaves

½ teaspoon chili powder

½ teaspoon paprika

½ teaspoon ground celery seed

#### Thai Blend™

½ teaspoon garlic powder

½ teaspoon onion powder ½ teaspoon ground cumin

1 teaspoon ground coriander

¼ teaspoon ground red pepper ½ teaspoon ground ginger

1/2 teaspoon ground cinnamon

#### Table Shake™

½ teaspoon garlic powder

1½ teaspoon dry mustard

1½ teaspoon basil leaves ½ teaspoon ground celery seed

½ teaspoon paprika

½ teaspoon chili powder

Special thanks to McCormick / Shilling for recipes on this page.